

THE ENLIFTED COACH: SEPARATE YOURSELF FROM THE REST

Which of the following is NOT a type of Amateur Coaching?

- "Cheerleader" coaching: I'm going to get excited about you until you get excited about you!
- "All the Right Answers " coaching: I need to have every single answer, or they won't listen to me. I have the right plan for everybody.
- "Overload" coaching: I make things way too complicated, give them 19 things to do, and then get pissed off when they don't do any of them.
- "Trauma Bond" coaching: I overly focus on WHY my client is being or feeling a certain way.
- "Great Questions" coaching: I'm here to guide my clients to their own best answers.
- "Phony" coaching: Be passionate about coaching, with no formal training.

In your own words describe the traits of an Amateur Coach (write your answer in complete sentences):

Enlified Coaches are defined by (check all that apply):

- their ability to have all of the right answers for their clients.
- their ability to help their clients access their own
- wisdom.
- their ability to help their clients by using simple, practical mindset tools.
- their ability to make their clients feel good about themselves.
- their ability to help their clients focus on HOW to change their lives rather than getting stuck in WHY.

In your own words describe the differences between having all of the right answers and having all of the right questions as a coach (write your answer in complete sentences):

Which of these coaching philosophies is more sustainable:

- I have the right answer for each of my clients.
- I have the right question for each of my clients.

Which of these statements is more actionable:

- Why do I keep talking myself in circles?
- How do I keep talking myself in circles?